

WHAT IS CLAIMED IS:

1. An adjustable steering column, comprising:

a first locating coupling and a second locating coupling, the first locating coupling and the second locating coupling arranged opposite one another, each of the first locating coupling and the second locating coupling including two coupling parts configured to be brought into contact with one another;

a pressure element arranged between two mutually corresponding, medial ones of the coupling parts of the first locating coupling and the second locating coupling; and

a tension element interconnecting two outer mutually corresponding ones of the coupling parts of the first locating coupling and the second locating coupling; *add*

wherein the pressure element includes a torsion spring configured, with mutually opposite ends in an expanded state, to push the medial coupling parts away from each other and in the direction of the outer coupling parts and, while in a compressed state, the distance between the ends is configured to be shortened by bending; and *of the spring*

wherein engaging between the ends is an actuating device configured to produce bending for releasing the locating coupling and to produce coupling of the locating coupling by reducing the bending.

2. The adjustable steering column according to claim 1, wherein the actuating device is configured to be put in motion by a fluid.

3. The adjustable steering column according to claim 1, wherein the actuating device is configured to be put in motion electromagnetically.

4. The adjustable steering column according to claim 1, wherein the torsion spring includes a leaf spring.

[illegible][illegible]